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(54) Convertible exercising  
apparatus

(57) A rowing machine comprising movable handles 5, foot-rests 11 and parallel rails 9 carrying a sliding seat 12 can be used with the rails extending horizontally for conventional rowing exercise and can also be arranged vertically (as shown) by securing to a wall 33 by means of brackets 34. A blocking member may be releasably secured to the bracket by means of a bolt 39 to prevent the machine being lifted from the brackets. Resistance to motion of the handles may be provided by fluid cylinders 6 and a bench may be removably secured to the seat track for exercise in a supine position.

FIG. 2.

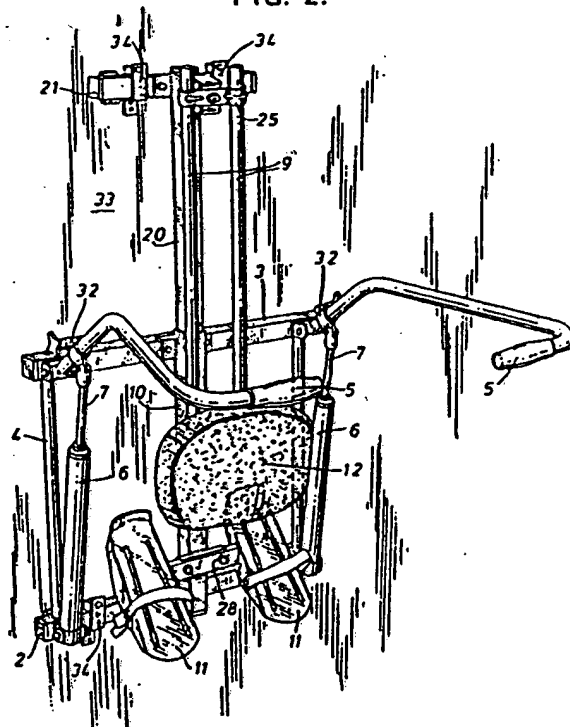
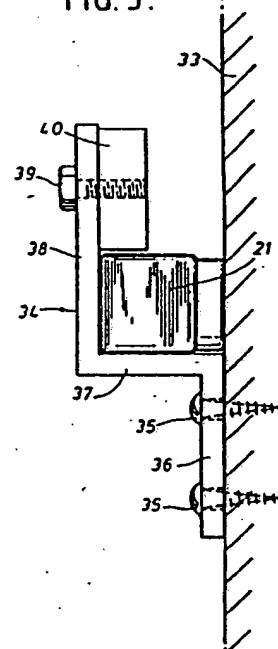


FIG. 3.



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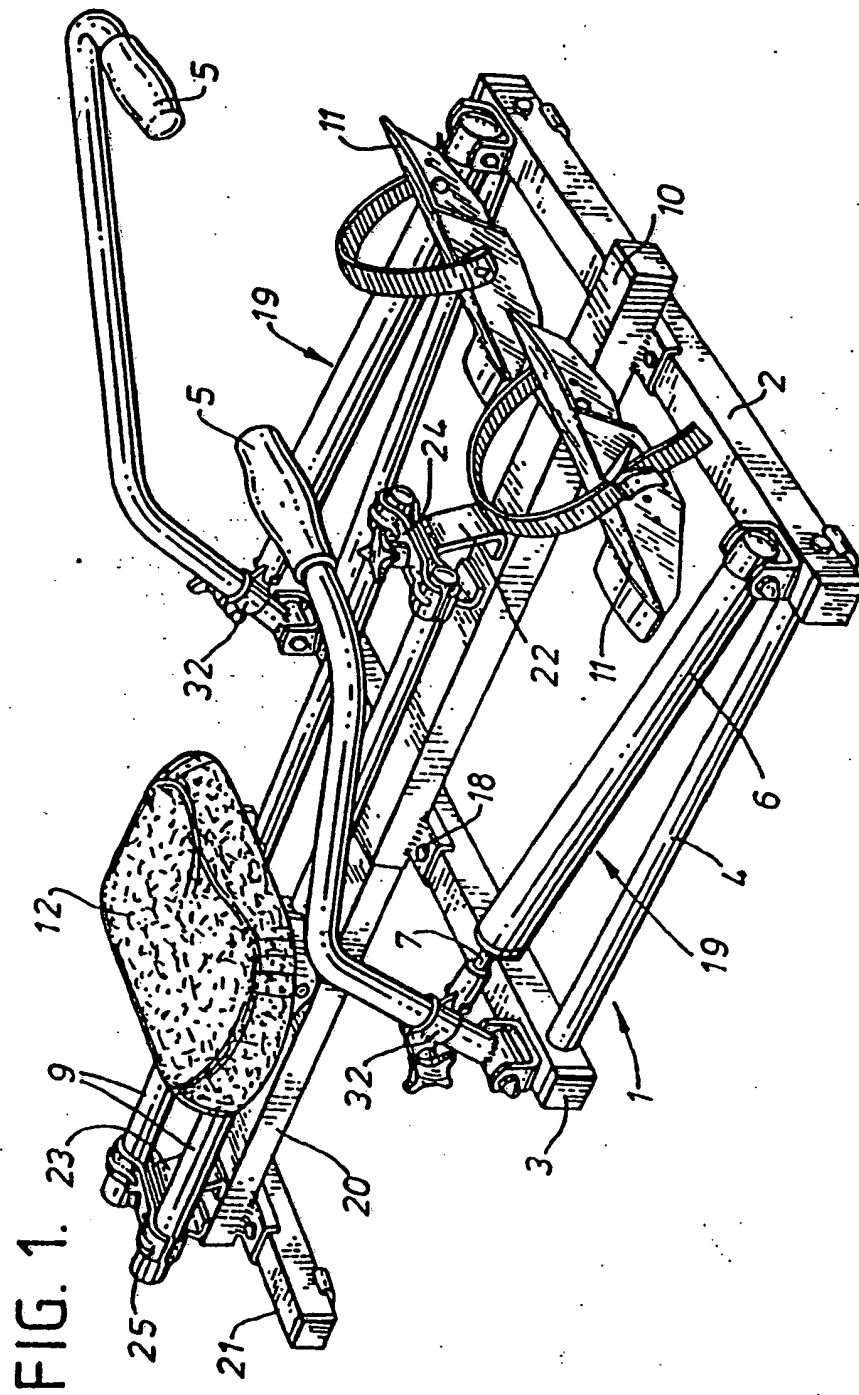


FIG. 2.

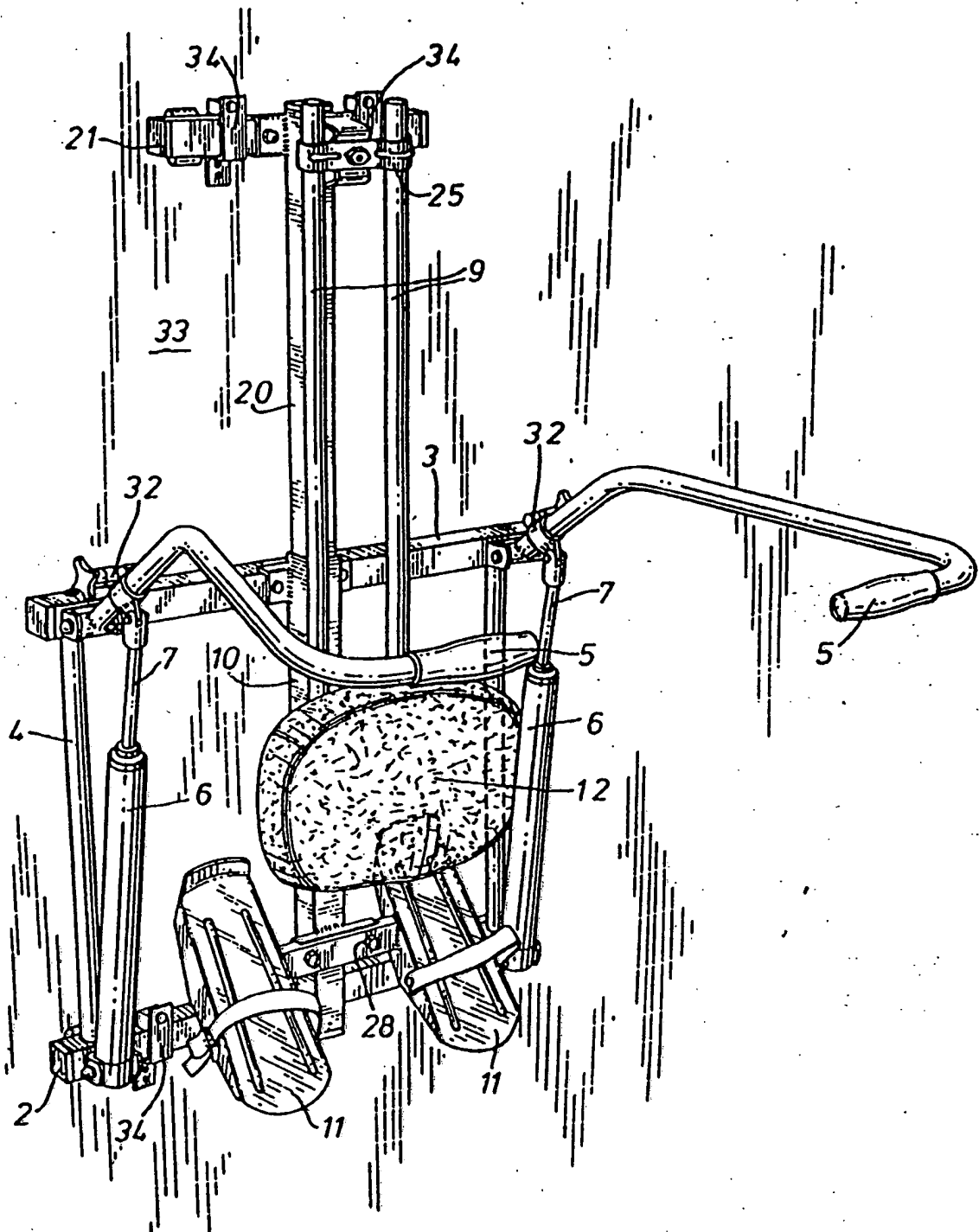
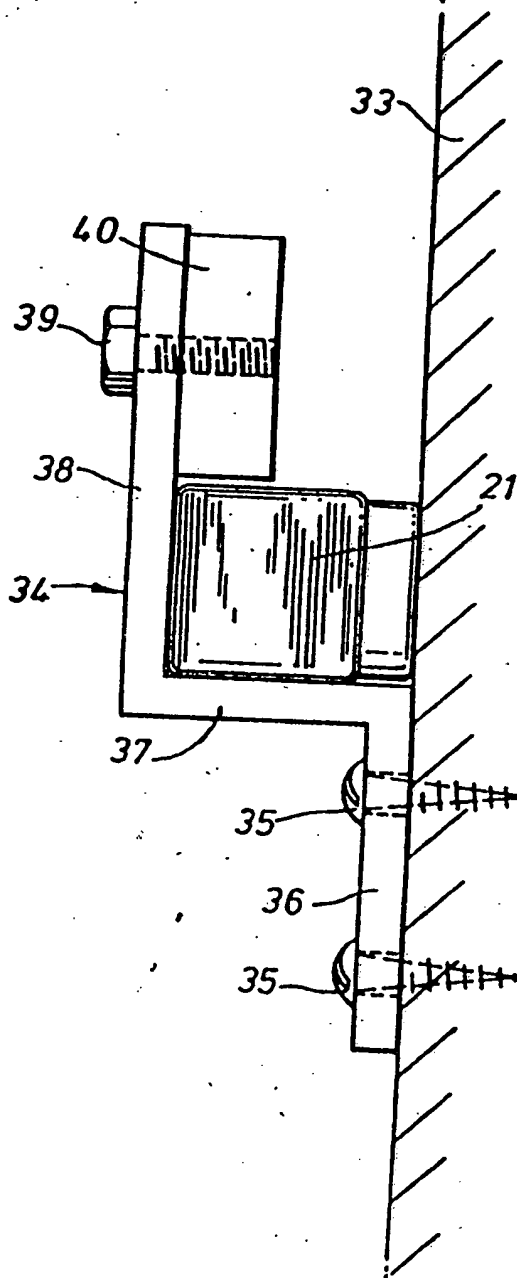


FIG. 3.



# SPECIFICATION

## Convertible exercising apparatus

### Background of the invention

The invention relates to physical exercising apparatus of the nature of rowing machines. Gymnasium exercising equipment is well known and increasingly is being used privately in domestic homes. Rowing machines are popular for home use in spite of their inherent limitations as to the range of exercises that can be performed with such machines. Especially in the domestic situation the expense and bulk of the various different pieces of apparatus required to give a reasonably comprehensive program of exercises has militated against such home use. The same drawbacks apply to most of the more versatile (multiexercise) units designed for the home.

### Summary of the invention

It is an object of the invention to provide a rowing machine which is adaptable to extend the range of exercises which can be performed therewith.

According to the invention there is provided physical exercising apparatus comprising a body having mounted thereon at least one movable handle, means providing resistance to movement of the handle, means for supporting the apparatus user comprising track means, a seat slidable along the track means, and bracing means for the feet of the user of the apparatus, the arrangement being such that the body supports the track means to extend generally horizontally for rowing exercise, and means for supporting the body in an alternative position for use in which the track means extends substantially vertically, the supporting means being arranged to be fixedly secured to a surface of the room in which the apparatus is positioned. Thus the supporting means may comprise a socket member in a floor and arranged to be engaged by corresponding projections on the body to support the apparatus in one position, but alternatively the supporting means may comprise a bracket arranged to be secured to a wall and arranged to secure the body to the wall with the apparatus in the alternative position.

The means providing resistance to motion of the handle may comprise one or more fluid cylinders.

To extend even further the range of exercises possible with the rowing machine the apparatus may comprise a bench which can be removably secured to the track means for exercise in a supine position.

Thus the apparatus can readily be converted from a rowing machine to fulfill different functions such as push-up, press-up and sit-up exercises.

### Brief description of the drawings

The invention is diagrammatically illustrated by way of example in the accompanying drawings in which:

Figure 1 is a perspective view of the rowing

machine in its normal operative position;

Figure 2 is a perspective view of the rowing machine of Figure 1 and showing the machine attached to a wall for use in performing a further range of exercises; and

Figure 3 is a side view of a bracket by means of which the rowing machine of Figures 1 and 2 can be secured to a wall.

### Detailed description

In the drawings a rowing machine comprises a generally rectangular framework 1 having a pair of square-section bars 2 and 3 respectively interconnected near their ends by a pair of round-section bars 4. A pair of levers formed at their free ends with handles 5 are pivotally mounted on the bar 3 near to the opposite ends thereof and the levers are connected to the piston rods 7 of a pair of hydraulic dampers 19, the cylinders of which are pivotally mounted on the bar 2 near to the opposite ends thereof. The connection between the levers and the piston rods are by means of manually adjustable clamps 32 and thus the position at which the piston rod engages the lever can be varied to alter the effort required to move the handles.

A square-sectioned tubular main-beam 10 is centrally mounted on the bars 2 and 3 by means of bolts 18. The tubular main beam 10 telescopically receives a square-sectioned extension beam 20, the free end of which carries a ground engaging foot 21. A pedestal 22 is secured on the upper surface of the main beam 10 and a corresponding pedestal is secured on the upper surface of the extension beam 20 at its free end. The pedestals 22 and 23 are formed with respective clamps 24 and 25 which carry a parallel pair of rails 9 for a sliding seat 12. The distance by which the extension beam 20 projects from the main beam 10 can be altered from the fully extended position shown in Figure 1 to a fully retracted storage position (not shown) in which the foot 21 is adjacent to the bar 3 by releasing the clamp 24 by means of a knob 26 so that the rails 9 can be slid relative to the clamp 24.

Also mounted on the beam 10 is a crosspiece 28 which carries a pair of footrests 11.

Figure 2 shows the rowing machine secured generally vertically to a wall 33 by means of four similar brackets 34, two of which engage the foot 21 on the extension beam 20, and the other two of which engage the bar 2 of the frame 1. As shown in Figure 1, each bracket 34 comprises a vertical limb 36 formed with holes to permit the bracket to be secured to the wall 33 by screws 35. A generally horizontal member 37 integral with the limb 36 is arranged to project away from the wall and is terminated by a further vertical limb 38, the arrangement being such that the member 37 and the limb 38 form with the wall 33 a U-shaped receptacle for receiving the horizontal foot 21 and the horizontal bar 2 of the rowing machine. To prevent the rowing machine from becoming displaced from the brackets 34 accidentally during use of the machine for "wall"

exercises, a blocking member is releasably secured to the bracket by means of a bolt 39 to prevent the foot 21 or the bar 2 from being lifted from the brackets.

5. It is to be understood that the above described apparatus is but one example of the invention. It will be apparent to one of ordinary skill that modifications and changes may be made in the structure of the invention without departing from the true spirit and scope of the invention, which is defined by the appended claims.

#### Claims

1. Physical exercising apparatus comprising a body, at least one movable handle on the body, means on the body and cooperating with the handle to provide resistance to movement of the handle, means on the body for supporting the apparatus user comprising track means, a seat slidable along the track means and bracing means for the feet of the user, the arrangement being such that the body supports the track means to

extend generally horizontally for rowing exercise, and means for supporting the body in an alternative position of use in which the track means extends substantially vertically, the supporting means being arranged to be fixedly secured to a surface of the room in which the apparatus is positioned.

- 25 means extends substantially vertically, the supporting means being arranged to be fixedly secured to a surface of the room in which the apparatus is positioned.

- 30 2. Physical exercising apparatus according to claim 1, comprising at least one fluid cylinder providing resistance to motion of the handle.

3. Physical exercising apparatus according to claim 1, wherein the supporting means comprises a bracket adapted to be secured to a wall and arranged to releasably secure the body with the apparatus in the alternative position.

- 35 4. Physical exercising apparatus according to claim 1, comprising bench means adapted to be releasably secured to the track means.

- 40 5. Physical exercising apparatus substantially as hereinbefore described with reference to, and as illustrated in, the accompanying drawings.